WELL-BEING INITIATIVE 2012/2013

SHIP MOVE

A FOUR-WEEK RESEARCH PROGRAM

Feb 11 to March 8 OR March 25 to April 19

Purpose: To evaluate the association between four weeks of physical activity (pedometer use) and changes in body weight, lipid levels, glucose levels & blood pressure (BP) among faculty and staff at Shippensburg University.

You qualify if you are:

- Age: 40-65yrs
- Do not have any serious medical illness
- Not taking any long-term medications
- Committed to be physically active

Before the walking program begins:

- Your age, gender, height, weight and BP will be recorded
- A finger stick will be used to measure glucose (blood sugar) & lipid levels (cholesterol)
- You will be asked to complete a questionnaire

These screenings will be done on the following dates by appointment in the Exercise Science Dept:

- Screening for the **Feb 11 to Mar 8 (Phase I)** session will be on **Feb 5 and 7**
- Screening for the **Mar 25 to Apr 19 (Phase II**) session will be on **Mar 5 and 7**

The walking program will consist of:

- Pedometers to all participants to measure and record activity
- Step-goal of 10,000 steps/day for 4 weeks (with increments of 1000 steps/wk or 200 steps/day)
- Home BP monitoring by half of the participants.

What happens after the four weeks of walking?

- Your weight and BP will be recorded
- A finger stick will be used to measure glucose (blood sugar) & lipid levels (cholesterol)
- You will be asked to complete a questionnaire

Questions about the program should be directed to:
Dr Praveen Veerabhadrappa, Dept. of Exercise Science

This program qualifies for 25 Healthy U points!

Registration is required:
If you think you qualify, please complete the registration from below and send to Maryrose Wilson at mwilson@ship.edu , by fax to ext. 4037 or by hard copy to Old Main 109. Dr. Veerabhadrappa will contact you to set up a time for the screenings.

Name		Email	
Dept		Extension	

☐ **Phase I - Feb 11 to Mar 8**

☐ **Phase II- Mar 25 to Apr 19**